

Pre-Deployment Battlemind For Warriors

***(Preparing for War: What
Warriors Should Know and
Do)***



Terminal Learning Objective

- In a classroom environment, given Warriors preparing to deploy in support of combat or other high-risk military operations, describe the nature of combat and other operational deployments and the desirable resiliency principles and skills designed to strengthen your Battlemind. IAW the Battlemind principles and concepts discussed during this block of instruction.

The Development of Battlemind

- What is Battlemind?

A Warrior's inner strength to face adversity, fear and hardship during combat with confidence and resolution. It is the will to persevere and win.

- *To prepare Warriors mentally for the rigors of combat and other military deployments*

The Development of Battlemind

- What is Battlemind?

A Warrior's inner strength to face adversity, fear and hardship during combat with confidence and resolution. It is the will to persevere and win.

- Objectives of Battlemind:

To assist Warriors in their transition back home

The Development of Battlemind

- What is Battlemind?

A Warrior's inner strength to face adversity, fear and hardship during combat with confidence and resolution. It is the will to persevere and win.

- ~~Objectives of Battlemind:~~

To prepare Warriors with the skills to assist their battle-buddy during deployment as well as to transition back home

The Development of Battlemind

- What is Battlemind?

A Warrior's inner strength to face adversity, fear and hardship during combat with confidence and resolution. It is the will to persevere and win.

- Objectives of Battlemind:

To prepare Warriors to possibly deploy again in support of all types of military operations, including additional combat tours

The Chaos of Combat

- Intense elation, fatigue and fear
- Heat, noise, blast effects
- Tough to discriminate targets
- Difficulty identifying Leaders
- Hard to maintain contact, control of movement
- Disorder from many yelling commands simultaneously; injured screaming
- Concentration on wounded and/or dead
- Elusive enemy; rarely visible, poorly defined

Profile of Hostile Forces



Profile of Hostile Forces

- Faces of hostile forces:
 - Native insurgents
 - Native and foreign terrorists
 - Illegal militias
 - Criminals and disenfranchised
- An enemy that doesn't fight "*fair*"
- Non-uniformed combatants
- An enemy that doesn't follow recognized laws of land warfare

“Worst Day” Scenarios



“Worst Day” Scenarios

- Your battle-buddy is killed or critically wounded
- Key Leader killed
- Missing Warriors
- Catastrophic vehicle kill or accident
- Perimeter breach
- Handling/cleaning-up of human remains

What You May See



What You May See

- Extreme poverty
- Decay, garbage and feces
- People on rooftops; gawkers “just looking”
- Rubbled structures
- Incoming/outgoing fire
- Raging infernos – your vehicle on fire
- Wounded/killed friends and enemies

What You May Hear



What You May Hear

- Explosions
- Gunfire, ricochets and near misses
- Cries of wounded
- Pleas for help or mercy
- Wailing of mourners
- Shouts of rage and taunts
- Multiple commands

What You May Smell



What You May Smell

- Rotting garbage
- Burnt flesh and hair
- Heavy chemical and industrial smoke/fuel
- Open sewage, feces and stale urine
- Decaying animals

What You May Think



What You May Think

- There'll always be war here; *always has been*
- I'm wasting my life here
- They should be fighting for themselves
- They don't want us here
- There doesn't seem to be a point to this
- The sacrifices I'm making are not worth it
- No progress is being made here
- *I'm tired of this s***!*

What You May Feel



What You May Feel

Emotional:

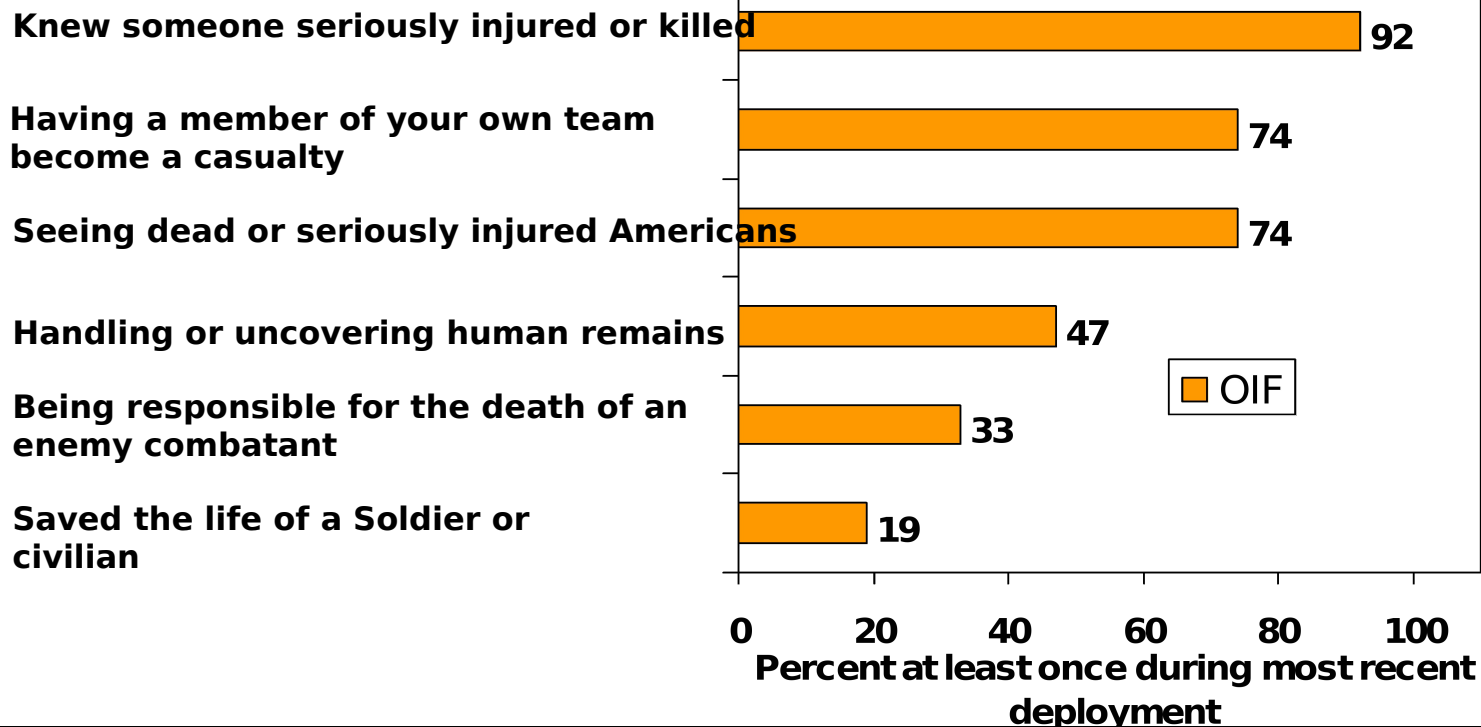
- Anger, fear, doubt, isolation, worry
- Confusion
- Second guessing; feelings of guilt
- Pride, excitement
- Camaraderie, cohesion

Physical:

- Pain, nausea
- Muscle soreness; periods of profound exhaustion
- *Other physical effects*

The Nature of Combat

- Our Warriors report:



The Nature of Operational Deployments



What are deployments like?

The Nature of Operational Deployments



The Nature of Operational Deployments

- Realities of deployments:
 - Boredom and monotony
 - A lack of privacy
 - Perceptions of a lack of necessary equipment
 - Rules of Engagement / General Order 1
 - Orders from the Chain of Command
 - *You are not home*

Mental Toughness

- Deployments can strengthen your Battlemind:
 - Provide an opportunity to lead in combat
 - Show your courage
 - Appreciate what's really important in life
 - Mature as a person and a Warrior
 - Use your military skills and training

Will you have to face these combat facts?

How will you react?

What can you do to remain mentally tough and confident?

What will you do to stay resilient?

What A Warrior Should Know and Do

- “Steel” your Battlemind
- Be a battle-buddy
- Listen to your Leaders (*NCOs and Officers*)
- Trust your skills and training
- Maintain contact back home

"Steel" your Battlemind

What Warriors Should Know

- Expect success.
- Remember other Warriors have made it through long deployments successfully.
- Remember that obstacles and setbacks are part of all deployments.

"Steel" your Battlemind

Warrior Actions

- Maintain your mental toughness.
- Meet challenges head on.
- Be self-confident.
- Take calculated risks.
- Maintain positive thinking during times of adversity and challenge.

Be a battle-buddy

What Warriors Should Know

- Combat impacts every Warrior both mentally and physically.
- Buddies make a difference; most Warriors say that they made it through their deployment because of their buddies.

Be a battle-buddy

Warrior Actions

- Talk to each other about what is going on and things that might be bothering you.
- Don't make the situation worse by encouraging anger or resentment. If you don't know what to say, just listen.
- Involve the Chaplain and mental health if necessary.

Listen to your Leaders (NCOs and Officers)

What Warriors Should Know

- It's the responsibility of NCOs and Officers to provide you outstanding leadership.
- Leaders care about the safety and well-being of their Warriors.

Listen to your Leaders (NCOs and Officers)

Warrior Actions

- Don't assume unnecessary risks when conducting missions.
- Let your Leaders know about problems.
- If an order is unclear, seek clarification.

Trust your skills and training

What Warriors Should Know

- Fear in combat is common.
- Events in combat can appear random and unavoidable.
- You will make decisions that impact the lives of others.

Trust your skills and training

Warrior Actions

- Your combat training is world class; trust it.
- When under strain, stress or enemy attack, do as you were trained to do.
- Admitting and joking about fear may help release tension.
- Actively participate and learn from after action reviews (AARs).

Maintain contact back home

What Warriors Should Know

- Your relationships back home are a source of support and strength.
- Your Family and friends have a need to know how you are doing.
- Families must be able to function effectively without you.

Maintain contact back home

Warrior Actions

- Prepare your Family and friends for your absence.
- Call, write or email your Family/ friends at least once a week if you can. Acknowledge special events that you may have missed.
- Let your Leaders know when Family issues are not being resolved.

Help on the Battlefield

- Battle-buddies and Leaders
- Chaplain/Unit Ministry Team (UMT)
- Battalion Aid Station (BAS)
- Brigade Mental Health
- Combat Stress Control (CSC) Teams
- Combat Support Hospital (CSH)

Accept the Challenge

"You will see events in combat that will test your courage and extend your faith. If you will accept the challenge of always doing what is right and just, these moments of discouragement and setbacks will fall behind you."

"You must never quit."

A faded, grayscale background image of two soldiers in combat gear. One soldier is in the foreground, crouching and holding a rifle, while another is visible in the background. The image is semi-transparent, allowing the text to be clearly visible.

What are your questions?